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In the Claims

The following is an amendment to and a complete listing of the claims which replaces all prior listings of claims in this application.

1. – 12. (previously canceled)

13. (currently amended) A method of using a free standing or mountable apparatus for assessing psychological state arising from relationships and for marking a value associated with one or more events or experiences of an individual, the apparatus including

a measurement device, said measurement device having a scale defining a range of values, indicia of psychological state on said scale, and a re-positionable indicator to mark a position on said scale; and

a manual, said manual having instructions for using said device and said manual further having a written description of a series of events or experiences, each of which is assigned a value associated with one or more of said events or experiences,

the method comprising the steps of:

- a) setting said indicator to an initial position on said device,
- b) upon the individual experiencing an actual psychological event or actual experience arising from relationships, the individual referring to said manual and determining which of the events or experiences in said manual most closely correlates to the actual event or actual experience,
- c) determining a value for the actual event or experience based on the events or experiences in said manual,
- d) moving said indicator from said initial position based on the value for the actual event or experience thereby setting said indicator to a next position,

- e) upon the individual experiencing a subsequent actual event or experience, the individual referring to said manual and determining which of the events or experiences in said manual most closely correlates to the subsequent actual event or actual experience,
- f) determining a value for the subsequent actual event or experience based on the events or experiences in said manual,
- g) moving said indicator from said next position to a new next position based on the value for the subsequent event or experience thereby setting said indicator to a new next position,
- h) repeating steps e) to g) over a period of time defined by the individual whereby upon repeating said steps said individual observes a change, or lack of change, on said scale by observing a location of said indicator in conjunction with said indicia.

14. (original) The method according to claim 13 wherein the value selected is a qualitative value.

15. (original) The method according to claim 13 wherein the value selected is a quantitative value.

16. (previously amended) The method according to claim 13 wherein said measurement device further includes a support means for supporting said scale.

17. (original) The method according to claim 16 wherein the value selected is a qualitative value.

18. (original) The method according to claim 16 wherein the value selected is a quantitative value.